



**MILTON
HIGH SCHOOL**

Alpha Crush Running Club
Cross Country Invitational



Course (all courses 2 loops)	Loop	Intersection		
		1	2	3
2K course	1 – “Alpha”	Go straight	Go left	Go straight
	2 – “Alpha”	Go straight	Go left	Go left to finish
3K course	1 – “Alpha”	Go straight	Go left	Go straight
	2 – “Crush”	Go left	Go right	Go left to finish
4K course	1 – “Crush”	Go left	Go right	Go straight
	2 – “Crush”	Go left	Go right	Go left to finish

“Alpha” loop is 1K in length / “Crush” loop is 2K in length (see map)

Intersection	Direction
1, 2, 3	See above; depends on course and loop
4	Follow arrows on map to Mary’s Meadow
5	Go right to cross bridge
6	Go left, up the hill
7	Go left of the big tree, down hill
8	Go left, a sharp left
9	Go right to cross the bridge; stay right
10	Quick right then left